

## Constipation

Constipation may be due to anti-cancer drugs, painkillers or anti-sickness medications.

### What can I do?

- Try to drink more fluids, at least 10-12 glasses or cups each day.
- Light exercise such as walking or stretching.
- Eat plenty of fruit and vegetables, including dried fruit.
- Choose high fibre cereals and wholemeal bread, pasta and rice.
- Include beans and pulses in meals.
- Take laxatives if your doctor has prescribed them.
- Please also see our information leaflet: [Eating well when you have cancer](#) on the Patient Information Library which provides further information about diet and alterations in bowel habits.

## Symptom Management

### When to call The Royal Marsden Hotline:

- If you haven't had a bowel movement for more than three days and this differs from your usual pattern.

### Contact us



**The Royal Marsden Hotline: 020 8915 6899**  
(available 24 hours a day, 7 days a week)

